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Thursday, May 12, 2011
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EVERYDAY

12

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EGYPTIAN INSPIRATION A SPICY CHICKEN DUKKA DISH {page 23}



GAME ON RED WINGS VS. SHARKS WILL BE A TOSS UP {page 27}



OTTAWA

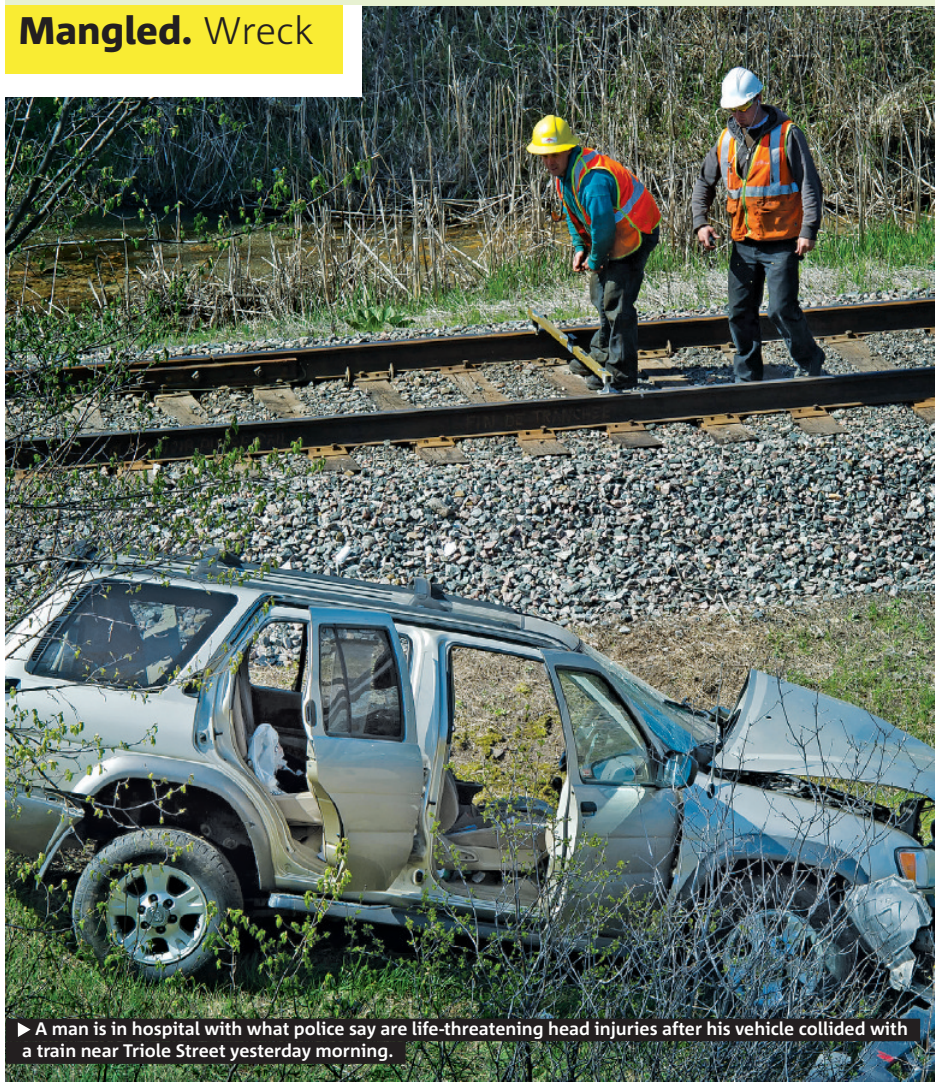
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Thursday, May 12, 2011
www.metronews.ca



News worth
sharing.

Mangled. Wreck



▶ A man is in hospital with what police say are life-threatening head injuries after his vehicle collided with a train near Triole Street yesterday morning.

MARK DESROSIERS/FOR METRO

SUV collides with passenger train

Just after 8:30 a.m. yesterday, Ottawa Fire Services were dispatched to a collision between a small SUV and a Via Rail passenger train. Fire crews used the Jaws of Life to peel back the mangled SUV's driver-side door to allow paramedics access to the driver. Police and railway officials are investigating the collision, which happened on a service road running parallel to the train track. There were no reported injuries from passengers or crew members aboard the train.

Mayor sparks controversy over pro-life proclamation

- ▶ City recognizes 'Respect for Life Day'
- ▶ Watson says own beliefs don't factor in



JESSICA
SMITH
@METRONEWS.CA

Proclamation

More than 12,000 people are expected at an anti-abortion rally on Parliament Hill today in a march recognized in a City of Ottawa proclamation.

Mayor Jim Watson sparked outrage from pro-choice constituents for proclaiming today Respect for Life Day.

"I'm pro-choice," said Watson at city hall yesterday. "I don't happen to agree with those people who take away a women's right to choose, but at the same time it's not the mayor's personal beliefs and hunches that should rule the day."

The petition, requested by the Campaign for Life Coalition, recognizes the annual pro-life march, which is themed "Abortion Kills a Human Being" this year.

"I think it's quite sad that after a proclamation saying we should respect human life there are people who would react by saying 'that's terrible.' I don't really know how anybody can justify that position," said Chris Murawsky, the Campaign for Life Coalition's office manager.

Watson said he signs any proclamations that come across his desk,

▶ **Unborn** "Whereas, The rights of the people of Canada including the unborn, the elderly and those with handicaps are gradually being eroded."

▶ **Sanctity** "Whereas, thousands of people from across Canada and the United States will be coming to the National March for Life on Parliament Hill to witness to the sanctity of human life from conception until natural death..."

as long as they follow criteria set out in city policy.

The policy states that the proclamations can't be "politically or religiously motivated" and pro-choice constituent Audra Williams said that should have stopped the mayor from signing the proclamation requested by the Campaign for Life Coalition.

"It's straight-up, their mandate is both religious and political. Their goal is legislative change," she said. "It's upsetting. The whole event is pretty deplorable and (so is) giving a little stamp of legitimacy, even if it's a bureaucratic rubber stamp process."

Criticism builds on Twitter {page 12}



MATTAMY
homes

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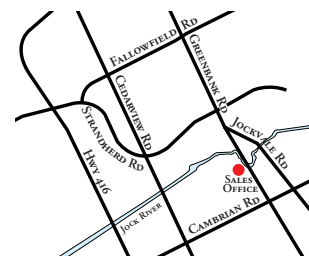
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All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.



Long weekend first test for water ban

Victoria Day weekend is typically busy for gardeners and it will be a challenge to the south Ottawa outdoor water ban, Ottawa city council heard yesterday.

"It has been, in the past, that water demand is at its maximum over the Victoria Day weekend," said general manager of infrastructure services Wayne Newell.

"It will be key for the residents and businesses alike to strictly comply with the outdoor watering ban and protect the drinking water supply to the area." **JESSICA SMITH**

Police seek suspect in assault of girl, 11

Ottawa police say an 11-year-old girl was lured into a wooded area by a 15-year-old boy and sexually assaulted. The incident happened around 5 p.m., April 25, while the girl was playing at Bellevue Manor Park. Police say the boy left when the girl screamed. The suspect is described as Asian, with short black hair, wearing blue pants and a white sweatshirt with a black design on the front. Anyone with information should call Crime Stoppers at 613-233-8477 (TIPS). **METRO**



► Mayor Jim Watson, centre, wipes away a tear. He and Knoxdale-Merivale Coun. Keith Egli, left, presented the staff of a local restaurant with the City Builder Award for the birthday party they threw for cancer survivor Jacob Randell, right.

Tiny mayor moves big guy

► Cancer survivor Jacob Randell, 7, named mayor for the day ► Jim Watson also honoured restaurant staff who threw surprise birthday party for Jacob



JESSICA SMITH
@METRONEWS.CA

Ottawa's newest mayor stands about half the height of Jim Watson, but he brought the taller man to tears at city hall.

Seven-year-old Jacob Randell was diagnosed with brain cancer in late 2008. Yesterday, Watson named him mayor for the day.

Randell came to the attention of city council when staff at the Lone Star Texas Grill restaurant on

Baseline Road was nominated for a City Builder Award.

They were recognized for throwing a surprise birthday party for the cancer survivor. Server Chris Stearns collected donations from the restaurant staff

and went on a shopping spree to buy toys for Randell.

Watson choked up when he read out a statement presenting Stearns, restaurant manager Darin Aughey and other staff with the City Builder Award.

1

news


Thai project finds success by using elephants in therapy for autistic children. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca



Mike Benhaim surveys 20 years of Best New Artist Grammy winners to find sometimes they get it just right. Video at metronews.ca.



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www.currencymuseum.ca

Scooters in demand as gas cost soars

► Gasoline prices soared as high as 139.9 cents a litre yesterday, according to ottawagasprices.com



JOE LOFARO
@METRONEWS.CA

As gas prices hit new highs in Ottawa yesterday, Monique Brunet-Savard dropped into Ottawa's Scooteretti yesterday to pay for her new electric Urbano scooter. At \$1,899, the scooter will help her save money on gas which is expected to get more expensive this year.

"I only have 15 kilometres to do, so this will be great to get me to work and back," she said.

William Leishman, owner of Scooteretti, says he's seen a recent increased demand for his electric scooters as people are looking for substitutes to gas-guzzling vehicles. Green Pedal owner Christopher Crowe also has seen a jump in electronic scooter sales at his Rideau Street business and said scooters are becoming a popular alternative.

"Any way to avoid the pump is becoming popular," said Crowe. "People choose to turn their back



► Monique Brunet-Savard of Orleans says she is anxious to start using the 100 per cent electric scooter she bought from Scooteretti yesterday.

Money sense

- ▶ A regular monthly adult OC Transpo bus pass costs \$91.50 or \$141.75 for an adult rural express pass.
- ▶ William Leishman said that travelling 20 kilometres per day in a passenger car can cost a consumer about \$68.75 per month.
- ▶ To compare that with the scooter, he said that travelling 20 km per day in one

on the whole gas option for something that's a little more affordable."

of his electric scooters would cost a consumer about \$2.05 per month in electricity usage.

- ▶ It costs between \$0.08 to \$0.10 per charge when the scooters are plugged into a standard electrical outlet for approximately six to eight hours.
- ▶ The average price of gas in Ottawa at the time of publication yesterday was \$134.85¢ according to OttawaGasPrices.com.

for something that's a little more affordable."

Swapper on mission to trade for Tesla Roadster

Self-proclaimed green tech geek, Martin Provost, is on a mission to get behind the wheel of his dream car, the Tesla Roadster, and he's doing it one swap at a time.

Following the success of famous Internet swapper Kyle MacDonald, who traded his way from a paper clip to a house in 2005, Provost is embarking on his own Swapsity.ca bartering campaign in Ottawa.

"It's 100 per cent electric, so any gadget geek out there, if you ask

"I'm really hoping to inspire people to really push for electric vehicles."

MARTIN PROVOST

them, 'what's your dream sports car,' they'll probably say the Tesla Roadster," said Provost.

He started with a \$30 camera and now he's trying to trade a 45-person organic brewery tour at Beau's All Natural Brewing Co. valued at \$1,200.

JOE LOFARO



► Martin Provost, left, trades his electric guitar for a 45-person tour at Steve Beauchesne's Beau's All Natural Brewing Co.

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A man-made flood

► Intentional dike breach will save Manitoba homes, officials believe



JAMES TURNER
@METRONEWS.CA

With their tidy Manitoba rural home surrounded by sandbags, Penny and Steve Wilson are locked in a worrisome holding pattern of wait-and-see.

Less than a kilometre away, on a road named Hoop and Holler Bend, provincial crews and heavy machines toil. Helicopters swoop overhead.

Along that road, the flood fighters prepare to cut a hole in a dike holding back the swollen Assiniboine River. The move will intentionally swamp about 150 homes over a 250-square-kilometre area.

It's a drastic measure to

"I hate to sound fatalistic, but Mother Nature will do what she wants. We'll just go on living."

STEVE WILSON

relieve pressure on dikes that will save many homes, the province believes.

"We're talking hundreds of thousands of litres of water here," Penny Wilson said. "I don't know how they plan on controlling it or how well that's going to work."

Wilson said she's worried most about area farmers and greenhouses.

"They may lose everything," she said.



► Prime Minister Stephen Harper, second left, with Manitoba Premier Greg Selinger beside him, tours dikes holding back the Assiniboine River in Brandon yesterday.



► Dorothy Parvaz is a dedicated journalist, her father says. "She wants to get the story out."

Syria deports Canadian

► Journalist sent to Iran, reports say

A Canadian journalist held in Syria has been deported to Iran, says her employer.

But Al-Jazeera network and 39-year-old Dorothy Parvaz's family in B.C. are anxiously awaiting any confirmation about her whereabouts.

Al-Jazeera said yesterday Parvaz has been deported from Syria to Iran, where she also has

citizenship, and is now being held in Tehran.

Parvaz's father, Fred, who lives in North Vancouver, said: "My concern is her safety."

"As long as she's safe and she's being treated with dignity, I'm OK with it, but I need some information ... I need somebody to say, 'Yes, we have Dorothy.'"

THE CANADIAN PRESS

Must Have Been SOMETHING I ATE

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Peggy Kotsopoulos, RHN.

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MARK THE MOMENT

Deadliest tremors in 50 years hit Spain

Spain has about 2,500 earthquakes a year, says the National Geographic Institute Only a few are noticed

Two earthquakes struck southeast Spain in quick succession yesterday, killing at least 10 people, injuring dozens and causing major damage to buildings, officials said. It was the highest quake-related death toll in Spain in more than 50 years.

The epicentre of the quakes — with magnitudes of 4.4 and 5.2 — was close to the town of Lorca, and the second came about two hours later, an official with the Murcia regional government said.

The Murcia regional

government said about 270 patients at a hospital were being evacuated after the building sustained minor damage. Dozens of injured people were being treated at the scene and a field hospital was set up.

The Spanish prime minister's office put the death toll at 10 and the Murcia administration said the deaths included a minor.

Large chunks of stone and brick fell from the facade of a church in Lorca as a reporter for Spanish state TV was broadcasting live from the scene. Span-

22 More than 22 earthquakes struck Spain yesterday, but two in quick succession proved deadly.

ish TV showed images of cars partially crushed by falling rubble and large cracks in buildings.

This was the deadliest quake in Spain since 1956, when 12 people died and some 70 were injured in the southern Granada region, according to the National Geographic Institute.

THE ASSOCIATED PRESS

Bin Laden urging small city attacks, letters find

Osama bin Laden kept pressing followers to find new ways to hit the U.S. while he was in hiding and his terror group was becoming fragmented, officials say, citing his journal and other documents found in last week's raid.

Strike smaller cities, bin Laden suggested. Target trains as well as planes. Above all, kill as many Americans as possible in a single attack.

Though he was out of the public eye and al-Qaida seemed to be weakening, bin Laden never yielded control.

His handwritten journal and collection of computer files reveal his involvement in every recent major al-Qaida threat, including plots in Europe last year.

THE ASSOCIATED PRESS

Mona Lisa. Smile



FABRIZIO GIOVANNONZI/THE ASSOCIATED PRESS

Da Vinci's muse found?

Researchers hope to identify bones belonging to Lisa Gherardini. If skull fragments are found, they may conduct a facial reconstruction to see if the features match the Mona Lisa.

SOMETIMES CANADIANS ARE JUST TOO POLITE FOR THEIR OWN GOOD



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Tabloid pics of Kate's baby sis brew debate

As Prince William and Kate Middleton honeymoon in a secluded spot, the paparazzi who stalk them are back in the spotlight.

There's a brewing legal battle over publication of five-year-old photographs of the newlywed's sister and bridesmaid Pippa Middleton sunbathing topless, and anger about gruesome photographs of the late Princess Diana in the moments after her 1997 car crash appearing in a documentary about her death.

The publication of the Pippa picture prompted the Middleton family to

file a petition to Britain's independent Press Complaints Commission.

That complaint is seen as the first salvo in what is expected to be a conflict between the monarchy and the press as both sides try to establish boundaries in a new royal era defined by William and Middleton, now the Duke and Duchess of Cambridge, and their goal to live a normal life.

The prince and his bride jetted off this week to a secret honeymoon spot that royal watchers believe was chosen specifically to keep them out of



Pippa Middleton attends the wedding of her sister Kate Middleton and Prince William on April 29.

the lenses of the paparazzi.

THE ASSOCIATED PRESS

Cannibal suspect arrested

A suspected would-be cannibal was arrested and in critical condition after being wounded in a gunfire with police during an un-

dercover operation in Slovakia, officials said yesterday.

The 43-year-old suspect used the Internet to find a suicidal person who would agree to let him eat the body, police said.

A Swiss citizen agreed but later changed his mind and informed

authorities.

An undercover officer pretending he was the victim arrived in Kysak to meet the suspect, who opened fire seven times, striking an officer.

The officer is in hospital and is in serious condition.

THE ASSOCIATED PRESS



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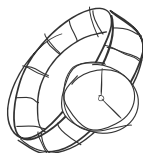
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HST not to blame for hosing at the pumps: Premier

► It will take a dramatic, long-term drop in cost of crude oil for gasoline prices to flatten, analysts say

A cut in gasoline taxes would not mean lower prices at the pumps, because big oil companies would immediately raise prices to fill the gap, Premier Dalton McGuinty said yesterday.

McGuinty also insisted that the harmonized sales tax — which added another 11 cents a litre to the cost of gas — is not the reason prices soared to \$1.50 a litre in northern Ontario.

"That's not what is driving the prices in Vancouver higher than ours, or the prices in Montreal higher than ours, or American gasoline prices higher than ours," he told reporters. "What I am very confident of ... is any government that removes any level of taxation from their gasoline finds that space is immediately filled in by the gasoline companies."

McGuinty blamed gas prices on market speculators. "People are trading in oil and gas the way they trade in other commodities, and the result has driven up our costs here," he said.

NDP Leader Andrea Horwath called the notion "ridiculous."

"There's no doubt that the HST is part of those higher gas prices."

THE CANADIAN PRESS



► Ouch! Make it stop! Gas prices in Toronto hit a record \$1.41.1 a litre yesterday.

Gas attack

- In Toronto, a litre of regular was going for as much as \$1.44 yesterday. In Ontario as a whole, prices were up more than two cents overnight.
- Motorists in St. John's were paying up to \$1.43. In Vancouver, a litre was hitting as high as \$1.47.
- Prices in Quebec jumped four cents overnight to an

average of \$1.41 across the province. Drivers in Montreal paid as much as \$1.48, while those in Quebec City reported prices as high as \$1.38. ► Alberta's average price was lower than most, at \$1.21, and had changed little from Tuesday. But drivers in Calgary paid as much as \$1.30, and Edmonton drivers reported top prices of \$1.29 a litre.

DELIVERING THE GOODS

Canadian exports surge

Canada's trade surplus almost doubled in March, suggesting the strong loonie may not be as much of a drag on exports as feared. Statistics Canada said the value of exports outpaced im-

ports by \$627 million, up from a \$356-million surplus in February.

In volume terms, exports have risen 12.4 per cent in the first three months of 2011, after a 16 per cent surge in the final quarter of last year, despite the loonie's growing strength.

The trend bodes well for the economy and suggests firms are still able to sell to the rest of the world in a high-loonie context. THE CANADIAN PRESS

Market moment

TSX	Dollar
- 222.32 13,419.74	- 0.37 (104.05¢ US)
Oil	Natural gas
- \$5.67 US (\$98.21 US)	1,000 cu ft \$4.241 US (- 6.2¢ US)
	Gold
	\$1,501.40 US (- \$15.50 US)



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JUMPIN' FUEL PRICES: IT'S NOT A GAS, GAS, GAS

HE SAYS ...

JOHN MAZEROLLE
METRO



When gas prices rise, us media types say motorists "got a shock at the pumps," which is silly.

A shock would be if prices plummeted, or if I noticed

the Old Spice guy in the next car. On the surprise meter, rising gas prices is between violence in the Middle East and Lindsay Lohan falling off the wagon.

Gas prices rise every summer. They have already skyrocketed in central Canada, and if the rest of you think you're immune I've got a used SUV for sale. Not only can I guarantee you at least one headline in your local paper that says, "Motorists steamed over gas prices" based on a scientific survey of three people filling up, but I'm pretty sure this year we'll finally see the story, "Full gas tank to become status symbol."

Gas prices provoke a lot of questions from motorists ("Are you @*#%\$*~ kidding me?") but as a journalist who has covered this story every year for a decade, I have all the answers.

"On the surprise meter, rising gas prices is between violence in the Middle East and Lindsay Lohan falling off the wagon."

Q: Why are gas prices so high?

A: Gas prices rise whenever there is a change in the "world situation." When the world stops changing its situation, gas prices will stop rising.

Q: Where does the money go?

A: It's important to realize that only a small percentage of the money you pay goes toward gas. A breakdown:

- 33 per cent: Solar-Powered Car Company assassination fund
- 33 per cent: The middleman
- 33 per cent: Taxes used to investigate and regulate gas prices

That leaves one per cent for the oil companies, which is why they need government help to stay afloat. Check the web to see where you can donate.

Q: What role does speculation play?

A: It's important. For instance, speculators might note that the Atlantic contains a lot of moisture, which could eventually form a low-pressure system that could strike Barack Obama with a bolt of lightning, causing Iran to strike in America's moment of weakness. If speculators were to imagine this scenario, they would have no choice but to force gas prices higher until the end of the imaginary war.

Q: What are the long-term effects of price increases?

A: Young drivers with large vehicles are looking at the legacy their parents have left them and coming to the same conclusion: No kids, ever.

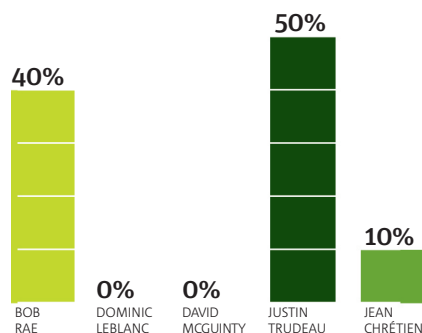
As you can see, not much can be done about gas prices. That might seem glib, but I'm actually bringing journalistic objectivity to bear: I've never owned a car. I can talk the talk because I walk the walk, whether I want to or not.

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metrolifepanel.ca
and take the quick poll

Who should lead the federal Liberal party?



Worth mentioning

TORONTO. A survey suggests Canadian web users may not want to pay for news, but they still trust content from the mainstream media over other sources.

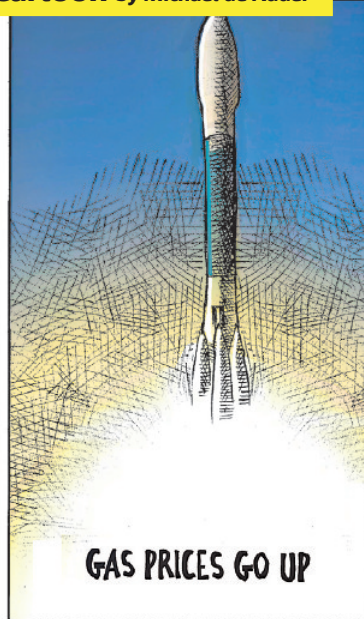
The latest report from the Canadian Media Research Consortium states that about 90 per cent of wired Canadians consider the information they get from newspapers, television, radio and online news sites to be reliable. The percentages were a few points lower among those aged 18 to 34.

Only 26 per cent believed information from social networks is reliable — although the trust rating jumped to 40 per cent among daily social media users — and 65 per cent said they thought news from family and friends was reliable.

When it comes to citizen journalism, news published online by non-professionals, most believed it was best left to traditional reporters. Only 20 per cent believed citizen journalism could provide regular coverage of government, 21 per cent believed it could expose abuses of power and 23 per cent believed it could provide analysis of important events.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Mayor McCheese return address gave it away

If you get a letter from Britain's No. 10 Downing Street, don't bother with a personalized response. The person who signed it probably used a fake name.

Downing Street says that, for years, staff at the British prime minister's

office have been using bogus names in their correspondence with members of the public.

It says that use of pseudonyms was introduced in 2005, after an official was tracked down by a constituent she had been in contact with and threatened at her home address.

But the practice didn't come to light until yesterday, when the country's Channel 4 News exposed one such official as being imaginary. Downing Street said it was now looking in to an alternative to using pseudonyms in its letters to the public.

THE ASSOCIATED PRESS

It's nice to Michou

► Get it? Michou = Meet you ► Band's slogan shows their laid back approach to music, fans



► Michou join Ubiquitous Synergy Seeker at Capital Music Hall tomorrow night.

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



When you're an up-and-coming Canadian band, you need to make sure you have a few things going for you.

Talent is a given. You also need a solid support system and the ability to think outside the box.

Michou is all of the above and then some. The

guys in this pop-rock band from Windsor also happen to be nice, polite and genuine.

Their slogan "It's nice to Michou" perfectly sums up the band's laid back and cool approach to their music and their fans.

Lead singer Michael Hargreaves explains that Michou has a very simple yet progressive and, more importantly, effective philosophy when it comes to connecting with their fans — it's all about building a real bond.

"I think music fans want to hear from the artist and get a better rela-

What else is up?

In the mood for a Spring celebration? Check out the Tony Award winning musical *Spring Awakening* at Centrepointe Theatre this weekend.

- **When:** Tomorrow at 8 p.m., Saturday at 3 p.m. & 8:30 p.m., Sunday at 3 p.m.
- **Where:** Centrepointe Theatre (101 Centrepointe Dr.)
- **Price:** \$29.75-\$79.75

tionship going," says Hargreaves.

"So, sharing content is

really important. It could be an acoustic track that you just did on the road or the audio from some video you recorded. You can share anything, really."

And, it doesn't stop their. Michou also offer free streaming of their albums on their website so fans from all over can get acquainted with the band.

"Nowadays, anyone can download a record and steal it if they want," says Hargreaves.

"I'd rather they come listen to it on our site. The whole point is to just let people have the music so we try to encourage them

and say, 'When we're in your city, spend \$5 and come around the corner and see us in person.'"

Michou is touring across Canada with Toronto duo Ubiquitous Synergy Seeker and bringing along their brand new EP, *Celebrate Love*, giving fans a chance to hear some of their new tunes for the first time.

Check out Michou along with USS and Ottawa's own Silvergun & Spleen tomorrow night at Capital Music Hall (128 York St.). Tickets are \$20 plus tax through TicketMaster.

2

scene

Britney in ink



Britney Spears is the subject of a new one-shot comic book courtesy of Bluewater Productions Inc.'s ongoing Fame series that has seen it profile other celebrities, including Lady Gaga and actors Robert Pattinson and Kristen Stewart, among others.

THE ASSOCIATED PRESS



GMA Summer Concert Series to kick off with Lady Gaga; Beyoncé, Brad Paisley are also on tap. Scan code for story.

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► Lady Gaga.

Gaga over FarmVille

► Singer debuting songs from her new album on popular online game

Lady Gaga is turning to an unusual method to cultivate her fan base: The pop icon is releasing songs from her new album on a section of the popular online game FarmVille before they can be heard anywhere else.

The singer, known for her outrageous styles will allow singles from Born This Way (due out May 23) to be heard within a specially-created farm, called GagaVille, in the game. Players will have to complete tasks to hear one exclusive new track per day

streamed online from May 17 to 19. Starting on May 20, players will be also able to unlock additional songs that aren't exclusive.

FarmVille is one of the most popular games on Facebook, played by about 46 million people worldwide and makes money by players buying game pieces. The parties wouldn't disclose any financial terms, or even comment on whether money was being exchanged.

THE ASSOCIATED PRESS

A missing member

► Beastie Boys releasing new album as Adam Yauch deals with cancer

It's been 25 years since the Beastie Boys released Licensed to Ill and proved three bratty Jewish guys from New York could deliver hip-hop as deliciously as Run-D.M.C. Despite grey hair for Adam "Ad-Rock" Horowitz, fatherhood for Michael "Mike D" Diamond and cancer for Adam "MCA" Yauch, the group is as goofy as ever, as evidenced by the old-school flavour on their new album, Hot Sauce Committee Part Two.

Yauch, who discovered he had cancer of the salivary gland in 2009, is notably absent. He's still undergoing treatment.

"It's hard that he's not here, but it'd be harder for him to be here," Diamond says.

Yauch's condition has put the tight-knit group's near future in limbo.

"It is what is," Horowitz says. "You deal with it. He's getting treatment. That's the most important thing. We've been friends since 1980. All of this doesn't matter. If we go on tour,



► Adam "Ad-Rock" Horowitz, Adam "MCA" Yauch, and Michael "Mike D" Diamond.

we go on tour. If don't go, we don't go. We'll figure it out. Yauch getting better is the most important thing right now."

The Beastie Boys' first lyrical effort in seven years

— 2007's The Mix Up was an instrumental affair — is a return to the group's signature roots of uncomplicated beats and clever rhymes.

THE ASSOCIATED PRESS

Website

For tour info:

► Site beastieboys.com

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dusk

Sir Paul: still a hopeless romantic

Paul McCartney is reportedly heading into his marriage to Nancy Shevell with no prenuptial agreement, according to



► Paul McCartney

Schwarzenegger: one day at a time

► Grateful for friends after split from Shriver

ALL PHOTOS GETTY IMAGES

Arnold Schwarzenegger has spoken out for the first time about his separation from Maria Shriver this week. "We both love each other very much. And we're taking it one day at a time," the former California governor says, according to Hollyscoop.

"I just spoke to Maria an hour ago before I came here. We both were saying the same thing — we're extremely blessed to be surrounded by so many wonderful people, by so many wonderful friends."



► Arnold Schwarzenegger



► Maria Shriver

friends."

Shriver has reportedly been living at the Beverly Hills hotel for months and stopped wearing her wed-

ding ring in March, while Schwarzenegger was spotted biking with his son Tuesday sans ring.

● METRO

Celebrity tweets



Appreciate all your messages. Small speed bump in life, luckily we own hummers, we will cruise right over it. All will be okay.



@PSchwarzenegger



Just about to go on David Letterman. Saving anything funny now for the show...

@JessicaSimpson

My God-son just said that God is little and big... If he only knew how profound that statement is...



You know you're in New Orleans when you see a grandfather spill his entire Jack on the rocks in his 4 year old granddaughter's face at 11am.

@JonahHill

Popeater.

"His friends and business advisers think he's crazy after what happened with his ex, but Paul is insisting Nancy is no Heather," a source says. "There's no need to make marriage a business arrangement."

But the Daily Mail reports that, while there's no traditional prenup, the former Beatle did have a single-page agreement drawn up stating that, should the marriage sour, Shevell won't go after McCartney's children's trust funds.

● METRO

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New hire is close to Holmes

Katie Holmes didn't have to look far for a new apprentice: step-daughter Bella Cruise has joined Holmes' burgeoning clothing line, Holmes & Yang, Tom Cruise tells People magazine.

"Kate's designing and [Bella] is just working her way up," the proud father says. "She's an artist, Bella, so it's really great that she gets to work with it. She's loving it." ● METRO

Sarah: the snub hurt

Sarah Ferguson admits not being invited to the recent Royal Wedding was "so difficult" for her.

"I went through the phase of feeling so totally worthless and that [it] was quite right they didn't invite me."

"Why would they?" she tells Oprah Winfrey during an interview. "The last bride up that aisle was me."

So when it came time for the big day, Ferguson wasn't in London. "I chose



► Sarah Ferguson

to go and be in Thailand in a place called Camelia,"

she says. "The jungle embraced me." ● METRO

Houston banned from Prince gigs

One of the warning signs that apparently sent Whitney Houston back to rehab was reportedly being banned by Prince from his current run of L.A. concerts, according to TMZ.

The troubled singer at-

tended several of Prince's recent shows, seeming "intoxicated" each time, sources say, and demanding to join him on stage, though Prince's team denied her requests because they "didn't want her to embarrass herself."

Houston reportedly followed that up with excessive ticket demands, irritating Prince enough for him to ban her. ● METRO

Jewelry will lead to bracelet?

Lindsay Lohan likely won't be spending any time in jail for stealing a necklace from a jewelry store.

Between overcrowding issues in L.A. jails and time off for good behaviour, Lohan's 120-day jail sentence is expected to ac-

tually be 14 days, according to TMZ.

And with a no-contest plea, Lohan will most likely spend the two weeks at home with an electronic monitoring bracelet, rather than behind bars.

● METRO



► Lindsay Lohan

3
life

A go or no?

If your partner doesn't like an outfit do you stop wearing it?

- Paul: "Yes. When it comes to my wardrobe, she's the boss!"
► Alexis: "No. He hates this jacket and I still wear it!" ● METRO



Creative director MacGibbon exits Chloe fashion house; replaced by Pringle designer

HE WEARS, SHE WEARS

► Fashion is increasingly becoming unisex. But in reality sexes are still divided when it comes to what looks good



KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

It's hard to pinpoint exactly when the gender-bending undercurrent began to flow through fashion. Whether it's Coco Chanel lounging around in men's pyjamas or Yves Saint Laurent designing his famous Le Smoking tuxedo for women, man-

nish looks on women have never really gone out of style.

But in the past two years, androgyny has become increasingly trendy. Just when you think it's about to die down, it surges back up again, starting with the boyfriend jacket and jean phenomenon that swept 2008 and moving on through to fashion's cur-

rent obsession with suiting and tailoring. Meanwhile, H&M has gone unisex for its new Fashion Against AIDS collection, which hit stores last week, and CK One now includes jeans and underwear for both men and women. On the high fashion front, designer Rad Hourani continues to earn buzz — and critical acclaim — for his genderless collection of separates.

Factor in the fact that designers are increasingly showing more continuity between their men's and women's collections with some looks practically mirroring each other and you have a full-on moment.

But are the personal style sensibilities of women and men really merging off the runway? Ask any woman what her boyfriend prefers to see her in, and nine times out of 10, she'll say a t-shirt and jeans, not the elaborate looks she's bookmarked on her favourite street style blogs.



► The Misshapes modeling unisex looks from H&M's latest.

The Battle of the Sexes



► Paul Kodila, radio producer
► Alexis Tirado, writer



► Max Vitiello, gardener
► Laura Milne, voice-over agent

Two couples on opposite sides of the Atlantic rate the spring trends on a scale of one to 10.

'70s shorts for men

Paul: "Every year I watch people go to the US Open dressed like Roger Federer is going to hand them a racquet. Tennis apparel should stay on the tennis court." 1

Alexis: "Love this! It's a fresh and fun twist on summer shorts for men." 9

Mandals

Paul: "There are three people who could wear the Mandal: Moses, Caesar and Jesus." 0

Alexis: "I agree. This is the worst trend since Uggs." 0

Max: "I've got a pair of Birkenstocks and I when put them on recently, and I thought, 'I look like an old mathematics teacher.'" 4

Laura: "They're a bit

feminine, basically like a gladiator women's shoe. I'm going to rock this look soon and I don't want to see a guy wearing the same sandals as me." 2

Flares for women

Paul: "I'm a shoe guy and it's like buying a Ferrari and putting a cover over it." 2

Max: "I think they look silly. I'm a fan of skinny jeans because I like the natural shape of legs." 6

Fruit dresses for women

Laura: "I think it's fun and I do like it but I've tried to steer away from this look because I used to dress like this as a kid." 8

Max: "I don't know, not such a fan. It looks like my Mum's tabletop in 1974, which was still there in 1988." 5

● RICHARD PECKETT AND
TINA CHADHA

RAGWEED ALLERGIES?

Ever wonder what it would be like to be symptom-free during the ragweed pollen season?

The Allergy and Asthma Research Centre is testing an investigational oral medication for the treatment of ragweed allergies that may have the potential to ease allergy symptoms for an extended period of time.

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Suit yourself: The louder, the better

► This season, men's trunks and board shorts are all about flamboyance in loud floral prints, bold colours or short, body-hugging shapes ► Wear them with confidence and don't be afraid to take the plunge



1 KITSUNE

\$224, oki-ni.com
Swagger along the beach in blood red, alpha male boxer shorts like this pair from Kitsune and imagine you're The Hoff.

2 ASOS

\$39, asos.com
Candy stripes are a bit of a classic when it comes to men's summer staples. But they take a scandalous turn when on a pair of super short swimmers.

3 JW ANDERSON

\$80, topman.com
Get your beach prow on in these leopard print swim shorts from Britain's new talent to watch JW Anderson.

4 MARC BY MARC JACOBS

\$206, my-wardrobe.com
The height of camp, these fun trunks are perfect if you're blessed with the body and sex appeal to match.

5 PAUL SMITH

\$139, paulsmith.com
Add a little Hawaiian flavour to your vacation wardrobe by experimenting with the season's ubiquitous 1970s floral trend.

6 H&M

\$33, hm.com
For those of you who'd rather blow your money on the vacation than the clothes, look no further than H&M's on-trend selection.

7 SUNDEK

\$120, mrporter.com
The bold green on this short, skimpy style grabs the eye. But, wait, there's more. Rainbow stripes on the back frame the bum just so.



RICHARD PECKETT
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Giving your home that good old country feel

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► Country decor need not be just adding some lace and wallpaper ► There are many ways to get a country feel that is casual and chic ► Cleaner lines, neutral colours are the way to go

Although the most popular style of decorating, country decor has gotten a bit of a bad rap over the past 20 years. The frilly looks of lace curtains, duck or cow wallpaper borders and the pickled-pine furniture may have

been over-used just a wee bit.

There's a new country trend emerging. It's a cleaner-lined no-fuss style that offers a calm and relaxing atmosphere appealing to those that want a casual, yet chic place to

live. The colours are updated neutrals like grey, white and taupe with pops of strong colour for sharp surprises. Here's how to get the look.

Flooring

Keep floors dramatic with light or dark options. Painting old wooden floors is a great way to get a bright clean look. Choose a high-gloss white or pale grey paint colour for a smooth, shiny surface that almost looks like plastic. The lighter the colour the more light you will bounce around your space making it feel brighter. If carpeting is your thing then have fun with inexpensive carpet tiles and create a modern checkerboard with carpet squares; a great option for a family room or child's play area that is attractive and eco-friendly.

Paint colours

White, pale grey and soft blue are great colours to keep a room feeling bright and fresh. Consider painting one wall in the room a punchy or dramatic colour to draw attention to the room's focal point such as



► Country decor has gotten a bad rap over the years, but new trends and ideas are giving new life to country style.

behind a headboard in a bedroom or the television in the living area.

Furniture styles

There are two extreme looks that seem to complement each other quite well for the country look. Ornate and fancy traditional furniture that is simplified by a dramatic stain or paint colour, and then an elle-natural wood finish with a soft grey patina. Painting an old colonial china cabinet with a bright, glossy coral red will add punch to the room and make an old furniture piece look hip again.

For a natural look, simply have an old piece of furniture sanded down to

the natural wood and then wax it to a soft polish. You'll take an ornate furniture piece and give it a more casual feel.

Lighting

Industrial or outdoor style lighting like hanging barn pendants and gooseneck wall sconces will add a raw country style to a room.

You can now find reproductions to help cast an edginess of light to your space at places like Home Depot and other large home stores. Just visit the outdoor lighting section rather than the indoor section.

These lamps will add a industrial charm to your space.

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Come on baby light my garden

► HGTV's Jamie Durie gives his suggestions for bringing mood lighting into your outdoor space for every taste

Few things are prettier in a night garden than soft pools of light illuminating interesting trees, accent rocks and plants, or pathways.

Whether on a small terrace or in a sweeping landscape, lighting creates a welcoming and often dramatic atmosphere.

But in some cases, buried-wire electric lighting can be costly and impracticable. The answer might be solar lighting.

The technology of solar lighting has been refined in recent years to include new batteries that take and hold a charge better — typically 1,000 nights per unit. LED bulbs, too, have become more efficient. They can stay outside in any weather, and

are available in various watts and colours.

Jamie Durie, author and host of HGTV's The Outdoor Room, suggests three ways to use solar lighting:

"First, light your perimeter. It gives some perspective, and is a creative way to show the boundaries of your property," Durie says. "Next, mark out your walks and pathways. Lastly, feature trees and other features with up-lighting, or even by attaching solar lights to walls and fences."

Durie's not a fan of "clinical" white LEDs, preferring those with amber light. Make sure when buying solar lights that they're all the same tone. And for areas where you want greater intensity,

look for lights with more than two and preferably four LEDs in them.

In his projects, Durie often combines low-voltage electrical lights with solar.

At mysolarshop.com, find Mission or Tiffany-style glass fence-post caps that fit standard size posts. There are wall-mount and lamppost styles here as well, and solar stepping stones that would make a wonderful walkway. You'll find great utility solar lighting as well: motion-sensing security lights, shed lights, address lights and even grill lights.

Stake lights are the quickest to install; Target and Home Depot carry mini lights in copper, stainless or black finishes that can be placed in the ground or in any plant container. Look for coach and Craftsman-style lamps sold in multiples at both retailers. Target's solar lamppost in a planter box is an attractive option.

The key, of course, is to position your lights for maximum sun exposure. Some lights have a separate photocell that can be placed a distance from the actual bulb component or string, so even a shady-area tree can be lit up.

Solar string lights look pretty illuminating trees around a patio or pool, or entwining a step railing. Plow & Hearth has a line of light bulb-shaped ones, cool for a hipster's outdoor space.

THE ASSOCIATED PRESS

MY SOLAR SHOP/THE ASSOCIATED PRESS



► My Solar Shop solar stepping stones light a pathway.

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► Light bulb-shaped solar lights.



► This outdoor space designed by HGTV's Jamie Durie, host of The Outdoor Room shows soft solar lighting.

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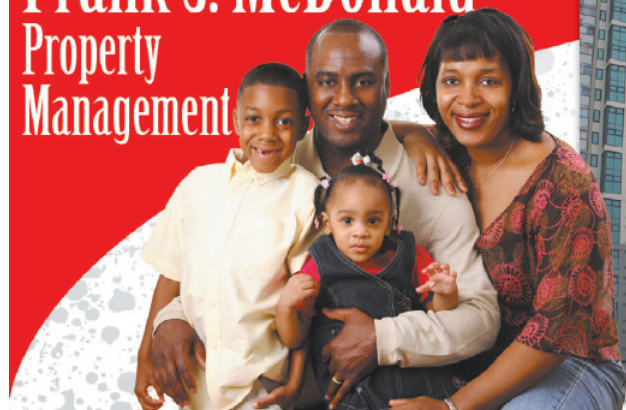
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The pressing matter of a bench

► The right potting bench can make or break the ease of your gardening life ► Choose wisely and consider these tips

One of Karen Angelucci's favourite gardening tools is the wood potting bench her father made for her.

The big poplar bench has shelves for storing pots, nails on which to hang utensils, and a large work area, said Angelucci of Lexington, Ky., an author of gardening books. "I have to have room to work and create," she said. "Potting benches tell the character of a person. That's why mine's large and messy."

Gardeners use the benches primarily for potting flowers and small seedlings.

They can help you become more efficient, said Robin Pokorski, secretary for the National Garden Clubs. She likes having all her tools within arm's reach when she's potting plants. "I wouldn't do

without it," said Pokorski, who lives in Los Angeles.

Pokorski chose a plastic bench because she felt it would hold up better under the California sun. Potting benches are available in many materials, from wood to vinyl.

Building one can be an easy do-it-yourself project, said Lou Manfredini, Ace Hardware's Home Expert, in Chicago.

Here are some things to consider before buying or building a potting bench:

LOCATION

Put the bench in a shady spot so you're not working in direct sun, experts recommend.

Consider whether to incorporate the bench into the landscape or hide it behind a garage or shed. Remember that a potting bench can get messy and cluttered.

SIZE

Think about what size plants and pots you will be using, and how much workspace you will need.

HEIGHT

Make sure the work area is at a comfortable level. You don't want to have to bend down or reach up.

STORAGE

Some benches come with shelves, drawers or utensil hooks for storing or displaying gardening tools. Consider hanging tools on hooks so they aren't sitting in wet drawers after it rains.

MATERIAL

Pick a material suited to your climate. Many benches are made from cedar or redwood, which can withstand the elements well. Plastic and recycled mate-

rials also hold up well in sun, rain and snow.

WHEELS

Some benches have wheels so they can be moved around the yard. If you intend to roll yours around the lawn, make sure it isn't too heavy to push.

COST

Prices vary widely. A do-it-yourself bench could be constructed for as little as \$30. A number of gardening websites offer plans for building potting benches. Store-bought benches start at around \$100.

APPEARANCE

Benches come in many styles, from rustic to country cottage to simple and functional. If the bench will be visible from a patio, deck or house window, you will need to consider



► Karen Angelucci's potting bench at her home in Lexington, Ky.

whether it blends with the look of your house or yard.

ACCESSORIES

Potting benches can be outfitted with many kinds of equipment. Some have sinks that can be rigged to

outdoor spigots. Others have leaves or shelves that can be folded out to create extra workspace. Some come with boxes to store soil or catch it while you work.

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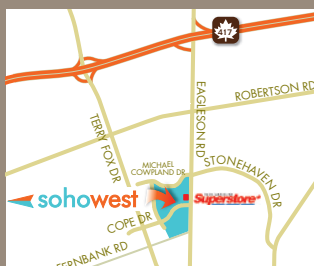


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Extending patio season with heat

As Canadians, we look forward to patio season and whether we're grilling, entertaining or kicking back in a lounge chair, the season is never long enough.

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or dining area to include spring, summer and fall.

No wonder patio heaters have become a must-have accessory in many backyards. Available in a number of forms, there is a patio heater for almost any outdoor space,

large or small:

Stand it

Appropriate for a deck or patio with a larger sitting area, free-standing units spread warmth evenly to a broader area. Available in a variety of finishes, free-

standing heaters come in both natural gas and propane formats.

Move it

Lightweight and portable, table-top heaters can be moved from table to sitting area. Look for safety

features such as an automatic shut off, tip over protection system and safety grill guard.

Hang it

Enjoy evenings in your gazebo or pergola with the addition of a hanging heater. Look for one that uses infrared technology to ensure it is not affected by the wind.

In addition to offering warmth on cool evenings, it also provides beautiful ambient lighting. Many

gazebos and pergolas come with a hanging hook, making installation a breeze.

Fold it

Perfect for smaller backyard areas, umbrella heaters add warmth to your evenings. They attach easily and safely to an existing patio umbrella, heating up to 10 square metres and conveniently fold up when the umbrella is closed.

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▶ Standing heaters are great for decks or large patios.

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Blend simple spices for perfect Chicken Dukka



THE ASSOCIATED PRESS

When it comes to week-night cooking, the most basic of basics is the boneless, skinless chicken breast. For this recipe, the inspiration was dukka, a classic Egyptian spice blend. We, however, used an easy-to-make version since finding the Egyptian spices may be a challenge.

Preparation:

1 **Dukka:** In a mortar and pestle, combine and crush sesame seeds, 2 ml (1/2 tsp) of salt, cumin, peppercorns and paprika. Set aside.

2 Lay each chicken breast on cutting surface and slice across centre horizontally to create 2 thin halves. Sprinkle each one on all sides with salt and pepper. Set aside.

3 In skillet over medium-high, melt butter. Cook meat 4 minutes per side.

4 Spread a bit of the hummus over each piece of

Ingredients:

- 15 ml (1 tbsp) sesame seeds
- Kosher salt
- 2 ml (1/2 tsp) ground cumin
- 2 ml (1/2 tsp) whole black peppercorns
- 2 ml (1/2 tsp) smoked paprika
- 4 boneless, skinless chicken breasts
- Ground black pepper
- 30 ml (2 tbsp) butter
- 500 g (16 oz) hummus
- 30-cm (12-inch) baguette, sliced into 8 long oblongs
- 4 hard-boiled eggs, diced

bread, then top with a piece of chicken. Spoon diced egg over chicken, then sprinkle with dukka spice blend.

THE ASSOCIATED PRESS

Mediterranean Vermicelli

THE CANADIAN PRESS HP



This vermicelli and tuna combo is a fun and nutritious dish to serve to children who may be fussy about eating fish but are fond of noodles.

Preparation:

1 Place noodles in a bowl and pour boiling water over them; soak for 4 minutes.

2 In a pan on medium high heat, lightly sauté tuna.

3 Slice red pepper and sun-dried tomatoes (reserve 15 ml/1 tbsp oil from each jar).

4 Drain noodles. In a large bowl, stir noodles with all the ingredients including reserved oil. Pour additional 15 ml (1 tbsp) oils onto mixture for extra flavour. Serve immediately.

Ingredients:

- 165 g (6 oz) vermicelli noodles (fine width)
- 2 cans flaked light tuna (lemon and pepper flavour)
- 1 roasted pepper from a jar (from a jar)
- 50 ml (1/4 cup) sun-dried tomatoes (from a jar)
- 50 ml (1/4 cup) sliced black olives (from a jar)

THE CANADIAN PRESS/CLOVER LEAF

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SPECIAL INFORMATION FEATURE

Upcoming
Events**GAY
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All over the city there are exciting functions to help you expand your palette and knowledge of food, wine and culture. Here are three events that you might not have heard of:

1

The Parkdale Market was a buzz last Saturday with the opening of the Savour Ottawa Field House selling locally grown fresh and frozen foods. It will be open Thursdays – Sundays from 8 a.m. to 5 p.m. savourottawa.ca

2

The Urban Element (cooking school), 424 Parkdale Ave., released their new grilling fundamental classes and vegetarian and vegan classes in the summer line up. theurbanelement.ca

3

Taste of Quebec Artisan Cheeses Discovery artisan cheeses from Quebec with Cheese Sommelier Vanessa Simmons. Wednesday, May 18 at 7 p.m. at Thyme & Again, 1255 Wellington St. W. savvycompany.ca



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Children's Wish

Party On, Alice

► The Tea Party sells over 150 teas from diverse regions including Japan, Sri Lanka and Canada

Tucked into a 120-year old red-bricked Victorian house on York Street is one of Ottawa's hidden treasures. Spend a lazy afternoon over high-tea sandwiches and sweets with friends or just catch up on work thanks to free wi-fi internet while snacking on a freshly baked scone with crème fraîche and homemade jam. Though not always vegan, the smell of cookies and squares being baked daily as soon as you enter can tempt the strictest dieter.

Since 2005, owner Surinder Singh has

made the establishment very vegetarian-friendly, offering reasonably priced sandwiches, soups, and curries for light lunches. The most popular herbal teas, he says, are the Bourbon St. Vanilla Rooibus and Fairy Meadow that tastes exactly like field flowers (spearmint, allspice, rosehip, cloves, blackberry notes, and peppermint). The café also sells a wide variety of teapots and tea accessories, and if you're into fortune telling, you can get your tea leaves read monthly. **SAMANTHA EVERTS**

SAMANTHA EVERTS/FOR METRO



► Joey Spartico enjoys Fairy Meadow tea, one of the most popular types of tea offered at The Tea Party.

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O'REILLY

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Since it was founded in 1987, the Creemore Springs Brewery has quietly gone about their business doing things right the old-fashioned way, and not reacting to the trends the beer industry is serving up, and receiving rave reviews along the way. When you adhere to Bavarian Purity Law brewing standards of using only four ingredients – water, hops, malt and yeast – and having an excellent spring water source nearby (which the brewery is named after) gives them a

distinct advantage. However it's their attention to detail and thoughtfully sourcing the finest ingredients available that set their beers apart.

Creemore Springs Premium Lager has gone on to become a pub standard and one Canada's most celebrated beers. The late great beer writer Michael Jackson named it the only Canadian lager good enough to be included in his list of 500 Classic Beers of the World. It was the only beer Creemore brewed until they celebrated the brewery's 10th anniversary by producing the uber-delicious seasonal dark Urbock,

and marked their 20th year with the arrival of the bohemian-styled traditional pilsner. Creemore's longtime brew master Gord Fuller is still one of the best, and his history of brewing amazing beers with uncompromising quality gave me plenty of reason to get excited about the return of their latest creation and summer seasonal KellerBier.

KellerBier or "cellar beer" is a style that has been enjoyed in rural Germany since the Middle Ages. Craft brewed in small batches using direct-fired copper kettles with whole specialty German hops added late in

the brewing process add to the beers unique appeal. The beer is a hazy copper colour with a lively carbonated tan head that holds well and laces down to the bottom of the glass. The nose is pleasantly full of floral and citric hop aromas, sweet bread yeast and subtle spiciness. Caramel maltiness is complemented by tart lemon, pepper and bread flavours with a nice dry hop finish. The combination of the unfiltered active yeast and hops provide a really refreshing mouth feel and the sensation of "right out of the tank" freshness. It's extremely drinkable.



► Jessica Stull, Christoph Stadlander and Sam Hoover enjoying Kellerbier at the Creemore Brewery in Creemore Springs, Ontario.

Local food? There's An App For That

True locavores can become detectives in scouting out various markets and farmers stands to fill their 100-mile grocery needs. Not anymore. Chris Wise of Murmur Informatics developed GoLocavore to connect customers with farmers so that they do not "accidentally chance on a market stand" and can easily choose to support local agriculture even if they're just after free-range eggs. Launched in September of 2010 the website allows people to select produce they are searching for from a menu cloud

and be connected with a list of available stores, markets, individual farmers and stands with a Google map for easy access with hours of operation. Right now broccoli, cauliflower, baked goods, cheese and green onions are easily searchable with over 30 producers offering even exotic yak meat. Most recently the Almonte Farmer's Market and Natural Lamb farm have been added. The website is free for both customers and farmers. **SAMANTHA EVERTS**



► Find Ottawa's freshest produce with the help of a new website, Ottawa.GoLocavore.ca



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ORLEANS FARMERS' MARKET

Every Friday
May 13 - October 7
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Ottawafarmersmarket.ca





► Jamie Stunt and Simon Bell enjoy rosemary and smoked-maple French toast with bacon and pulled pork and cinnamon-lemon yogurt, a definite cure for a hangover.

Hangover Brunch

OZ Kafe knows how Centretowners party when the warm weather is finally here. Sunday mornings can sometimes mean nursing a hangover, but in a city where brunch ends at 2:30 p.m. Sous Chef Simon Bell says, "There were a lot of

hungry people looking for breakfast." OZ Kafe has decided to look after the sluggish diners by offering brunch options like Pig on a Mattress (French toast and pulled pork) and Steak and Eggs (sirloin and eggs) from 2:30 to 9:00 p.m. every Sun-

day all with free Gatorade. Vegan options available.

◉ SAMANTHA EVERTS

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The Curd on the Street

What matters most is not the name, but the cheese itself. Celtic Blue is not your average blue! This week's pick is my "converter" blue cheese, Celtic Blue, from Glengarry Fine Cheese. Finalist of the 2011 Canadian Cheese Grand Prix awards, it's the perfect choice for those not all that crazy about blue cheese who may wonder at times what all the fuss is about, and what they're missing. Celtic Blue is a semi-firm, creamy, approachable pas-

teurized cow's milk blue cheese with a grooved, hand-brushed, natural rind. A pale ivory paste displays delicate greenish/blue veining running vertically closer to the center of the cheese wheel. It has grassy and milky aromas, with only a slight saltiness, milder piquant (bit of a "bite") and buttery flavours that soften over time (two to three months vs. five months). Not a fan of blue? I challenge you to try Celtic Blue.

◉ VANESSA SIMMONS

Cheese

Celtic Blue
Glengarry Fine Cheese,
Lancaster, Ontario

► **Blue cheeses** are usually "pierced" with needles during affinage (ripening), which creates airflow, encouraging blue-vein mould to grow.

VANESSA SIMMONS/FOR METRO



► Celtic Blue, Glengarry Fine Cheese

OBSESSION

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Huge comebacks now not so rare

The Philadelphia Flyers, Chicago Blackhawks and now the Detroit Red Wings have all breathed new life into NHL playoff comebacks that once seemed impossible.

After 35 years and 112 consecutive series without a comeback from a 3-0 deficit, the Red Wings have become the third team in

the past 12 months to be in that position and force a Game 7. The deciding game is tonight against the San Jose Sharks.

"The more comebacks that happen, the more teams believe, 'Hey, we can do this and it's possible,'" said Tampa Bay Lightning general manager Steve Yzerman.

The Flyers shocked the hockey world last May when they knocked off the Boston Bruins after trailing the Eastern Conference semifinal 3-0, just the third comeback victory of its kind.

The Blackhawks almost did the same in the first round this year when they battled back from a 3-0

deficit against the Vancouver Canucks, only to fall short in a Game 7 loss.

Yzerman called the comebacks "great for our league" and said "competitive parity" is a factor for their sudden regularity.

The Red Wings-Sharks series illustrates that. It has been tied or separated by a single goal for 336 out of

376 total minutes, or 90 per cent of the series.

"The games are so close," Yzerman said. "Every single game is one goal and it can go either way, so the teams that fall behind (in the series), as long as they don't get discouraged and don't make any (unnecessary) adjustments, there's always hope." ● MATTHEW WUEST

Too close to call

► Sharks hope to avoid adding huge collapse to list of playoff woes

Depending on how the numbers are crunched, a compelling case can be made that the Detroit Red Wings and San Jose Sharks both have the edge going into their improbable Game 7.

In a playoff season full of overtimes, one-goal games and road wins, this one truly is a toss-up.

The Wings can take solace in Chicago taking Presidents' Trophy-winning Vancouver to the brink in the first round. But the Blackhawks fell short in overtime of Game 7 after winning three straight.

Ah yes, overtime.

There have been lots of those in this year's playoffs — 20 in the first 69 games. Here is where you can add a check mark in the Sharks' column. San Jose is 5-0 in overtime in this post-season, including two wins against Detroit as it built what seemed to be an insurmountable lead.



WINGS



SHARKS

► Time: 9 p.m.
Channel: TSN, RDS

"They're having a good run," Red Wings forward Henrik Zetterberg said of the Sharks. "Once you start winning a few games in overtime, you start believing in yourself."

Between 1976 and 2010, of the 112 series in which a team led 3-0 none needed a Game 7. There have been 167 leads of 3-0, with only 1.8 per cent of teams blowing them.

Only the 2004 Boston Red Sox have done it in baseball history. No NBA team has pulled off the feat.

THE ASSOCIATED PRESS



► Sharks goalie Antti Niemi sprawls in his crease against the Red Wings in Game 6.

Celtics succumb to Heat



LeBron James

Dwyane Wade scored 34 points, LeBron James put Miami up for good with a three-pointer with 2:10 left and finished with 33, and the Heat scored the final 16 points to top Boston 97-87 last night to win their East semifinal in five games.

James came to Miami in part to improve his chances to beat the Celtics, and the

move paid off. Boston ended two of his last three post-season runs with Cleveland.

Chris Bosh had 14 points and 11 rebounds for Miami. Ray Allen led the Celtics with 18 points.

Next up for Miami: Either Chicago or Atlanta. The Bulls lead 3-2.

THE ASSOCIATED PRESS

Sports in brief

Arizona holds on to Coyotes

NFL. Glendale city council has voted to pay the NHL \$25 million US in operating costs to keep the Coyotes in Phoenix. The vote on Tuesday night came a week after the league exercised its option to cash

in \$25 million pledged by the city a year ago.
THE ASSOCIATED PRESS

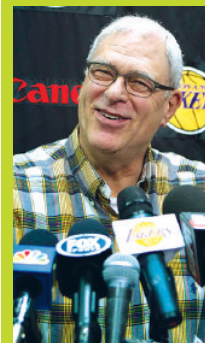
Hejduk signs deal with Avs

NHL. The Colorado Avalanche have signed forward Milan Hejduk to a one-year contract through 2011-12. The Denver Post reported the deal was worth \$2.6 million US.

THE ASSOCIATED PRESS

4
sports

Quoted



"I have no plans to return. Today, I'm sure. What it's going to be like in six months, I'm not sure."

LOS ANGELES LAKERS COACH PHIL JACKSON AT A PRESS CONFERENCE YESTERDAY. JACKSON WON 11 NBA CHAMPIONSHIPS WITH THE LAKERS AND CHICAGO BULLS AND LEAVES THE GAME WITH 1,155 WINS AND A CAREER .704 WINNING PERCENTAGE, WHICH IS NO. 1 IN NBA HISTORY.

"I've coached some of the best talent that's ever played the game."



Scan code for more sports.

NATIONAL HOCKEY LEAGUE

PLAYOFFS

All times Eastern

CONFERENCE SEMI-FINALS

(Best-of-7 series)

EASTERN CONFERENCE

WASHINGTON VS. TAMPA BAY

(Tampa Bay wins 4-0)

PHILADELPHIA VS. BOSTON

(Boston wins 4-0)

WESTERN CONFERENCE

VANCOUVER VS. NASHVILLE

(Vancouver wins 4-2)

SAN JOSE VS. DETROIT

(Series tied 3-3)

Tuesday's result

Detroit 3 San Jose 1

Tonight's game

Detroit at San Jose, 9 p.m.

Cammalleri, Mtl	3	7	10
J.Thornton, SJ	2	8	10
Briere, Pha	7	2	9
Legwand, Nash	6	3	9
Boyle, SJ	2	7	9
Ehrhoff, Vcr	2	7	9
H.Sedin, Vcr	1	8	9
Bergenheim, TB	7	1	8
Burrows, Vcr	4	4	8
Lidstrom, Det	4	4	8
Heatley, SJ	3	5	8
Moore, TB	2	6	8
Perry, Ana	2	6	8
van Riemsdyk, Pha	7	0	7
Selanne, Ana	6	1	7
Pavelski, SJ	5	2	7
Kelly, Bos	4	3	7
Fisher, Nash	3	4	7
Holmstrom, Det	3	4	7
Filipula, Det	2	5	7
Gagne, TB	2	5	7

Recchi, Bos	2	5	7
Zetterberg, Det	2	5	7
Gagnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Laich, Wash	1	6	7
M.Richards, Pha	1	6	7
Wellwood, SJ	1	6	7
Setoguchi, SJ	5	1	6
Keith, Chi	4	2	6
Semin, Wash	4	2	6
Stamkos, TB	4	2	6
Helm, Det	3	3	6
Bertuzzi, Det	2	4	6
Bolland, Chi	2	4	6
Cleary, Det	2	4	6

MLB

BLUE JAYS 9, RED SOX 3

Boston	ab	r	h	bi	Toronto	ab	r	h	bi
Elisurf cf	4	0	0	0	YEscor ss	3	1	1	1
Pedroia 2b	4	0	0	0	CPttrsn lf	4	1	2	1
AdGnzl 1b	4	2	2	1	Bautist rf	4	1	1	0
Youlkis 3b	3	0	1	1	JRiver dh	5	0	1	0
Ortiz dh	4	1	1	1	A.Hill 2b	5	0	1	1
J.Drew rf	2	0	1	0	Arenci c	4	1	0	0
CWrdw lf	4	0	2	0	Cooper 1b	2	1	0	1
SLtinch c	3	0	0	0	JMcDnl 3b	4	2	2	3
Iglesias ss	3	0	0	0	RDavis cf	4	2	4	2
Totals	31	3	7	3	Totals	35	9	12	9

Boston	100	002	000	3
Toronto	002	200	50x	9

E—Lackey (2). DP—Toronto 3. LOB—Boston 4, Toronto 9. 2B—Ad.Gonzalez (13), C.Patterson (9), Jo.McDonald (3). HR—Ad.Gonzalez (7), Ortiz (6), Jo.McDonald (2). SB—C.Patterson (5), R.Davis 2 (11). CS—Crawford (3). SF—Y.Escobar.

Boston	IP	H	R	ER	BB	SO
Lackey L2-5	6:23	9	9	9	5	1
Wakefield	11:3	3	0	0	0	5
Toronto						
Litsch W4-2	5:23	6	3	3	1	4
Janssen H3	11:3	1	0	0	0	2
Rauch	1	0	0	0	0	0
F.Francisco	1	0	0	0	2	0
HBP—by Lackey (Cooper).						
Umpires—Home, Gary Darling; First, David Rackley; Second, Bruce Dreckman; Third, Paul Emmel.						
T—2:49. A—19,163 (49,260).						

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	96	28	34	11	20	.354
Lind	128	19	40	7	27	.313
Escobar	127	20	34	3	9	.268
Patterson	101	12	27	2	15	.267
Molina	44	5	11	1	3	.250
Nix	45	7	11	2	5	.244
Encarnacion	107	10	26	0	9	.243
Arencibia	92	7	22	5	12	.239
Hill	75	4	17	0	10	.227
Rivera	106	8	23	2	9	.217
Davis	71	11	14	0	2	.197
McDonald	77	9	15	1	5	.195
Cooper	28	2	4	1	4	.143
PITCHERS	W	L	SV	IP	SO	ERA
Frasor	1	1	0	16.1	17	1.65
Villanueva	1	0	0	21.1	15	1.69
Janssen	0	0	0	14.1	9	1.88
Camp	0	1	0	18.0	8	2.50
Rzepczynski	2	0	0	17.1	18	2.60
Rauch	1	2	5	13.2	8	3.29
Francisco	1	0	2	7.2	11	3.52
Litsch	3	2	0	35.2	31	4.04
Romero	2	4	0	42.1	43	4.04
Morrow	1	2	0	21.0	29	4.71
Drabek	2	2	0	43.0	33	4.81
Reyes	0	3	0	36.0	24	5.00
Dotel	1	1	0	10.0	12	7.20

Last night's game not included

MAJOR LEAGUE BASEBALL

ALL TIMES EDT

EAST DIVISION	W	L	Pct	GB
New York	20	13	.606	—
Tampa Bay	21	15	.583	½
Toronto	17	20	.459	5
Boston	17	20	.459	5
Baltimore	16	19	.457	5
CENTRAL DIVISION	W	L	Pct	GB
Cleveland	23	12	.657	—
Detroit	20	18	.526	4½
Kansas City	18	17	.514	5
Chicago	14	23	.378	10
Minnesota	12	23	.343	11
WEST DIVISION	W	L	Pct	GB
Los Angeles	21	16	.568	—
Oakland	19	18	.514	2
Texas	19	18	.514	2
Seattle	16	21	.432	5

Yesterday's results

Toronto 9 Boston 3
Baltimore 4 Seattle 2
Tampa Bay 8 Cleveland 2
Detroit 9 Minnesota 7
Oakland at Texas, ppd., rain
Kansas City at N.Y. Yankees
Chicago White Sox at L.A. Angels
Tuesday's results
Toronto 7 Boston 6 (10 innings)
L.A. Angels 6 Chicago White Sox 2
Baltimore 7 Seattle 6 (13 innings)
Texas 7 Oakland 2
Cleveland 5 Tampa Bay 4
N.Y. Yankees 3 Kansas City 1
Detroit 10 Minnesota 2
Today's games
All times Eastern
Tampa Bay (Shields 3-1) at Cleveland (Masterson 5-0), 12:05 p.m.
Kansas City (O'Sullivan 1-2) at N.Y. Yankees (Nova 3-2), 7:05 p.m.
Seattle (Vargas 2-2) at Baltimore (Britton 5-2), 7:05 p.m.

CYCLING

GIRO D'ITALIA

At Orvieto, Italy
Fifth Stage
(191-km. stage from Piombino to Orvieto)
1. Pieter Weening, Neth., Rabobank, 4 hr, 54 min, 49 sec; 2. Fabio Duarte, Colom., Geox-TMC, 8 sec beh; 3. Jose Perez, Colom., Androni, same time; 4. Christophe Le Mevel, France, Garmin, s.t.; 5. Oscar Gatto, Italy, Farnese Vini, s.t.; 6. Vincenzo Nibali, Italy, Liguigas, s.t.; 7. Alberto Contador, Spain, Saxo Bank, s.t.; 8. Michele Scarponi, Italy, Lampre, s.t.; 9. Joaquin Rodriguez, Spain, Katusha, s.t.; 10. Roman Kreuziger, Czech Republic, Astana, s.t.
75. Michael Barry, Toronto, Sky Procycling.
Overall Leaders
(after fifth of 21 stages)
1. Pieter Weening, Neth., Rabobank, 14 hr, 59 min, 33 sec; 2. Marco Pinotti, Ita., HTC-Highroad, 2 sec beh; 3. Kanstantsin Sivtsov, Belarus, HTC-Highroad, same time; 4. Christophe Le Mevel, France, Garmin, 0:05; 5. Pablo Garcia, Spain, Movistar, 0:22; 6. Vincenzo Nibali, Italy, Liguigas, 0:24; 7. Michele Scarponi, Italy, 0:26; 8. Steven Kruijswijk, Netherlands, 0:28; 9. Alberto Contador, Spain, Saxo Bank, 0:30; 10. Jose Perez, Colombia, Androni, 0:33.
70. Michael Barry, Toronto, Sky Procycling.

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Philadelphia	23	12	.657	—
Florida	21	14	.600	2
Atlanta	20	17	.541	4
Washington	17	18	.486	6
New York	16	20	.444	7½
CENTRAL DIVISION	W	L	Pct	GB
St. Louis	21	15	.583	—
Cincinnati	20	17	.541	1½
Pittsburgh	18	18	.500	3
Chicago	15	19	.441	5
Milwaukee	16	21	.432	5½
Houston	14	23	.378	7½
WEST DIVISION	W	L	Pct	GB
Colorado	19	15	.559	—
San Francisco	19	16	.543	½
San Angeles	17	20	.459	3½
Arizona	15	19	.441	4
San Diego	15	22	.405	5½

Yesterday's results

San Diego 13 Milwaukee 6
Houston 4 Cincinnati 3
N.Y. Mets at Colorado, ppd., rain
L.A. Dodgers at Pittsburgh
Philadelphia at Florida
Washington at Atlanta
St. Louis at Chicago Cubs
Arizona at San Francisco
Tuesday's results
San Francisco 1 Arizona 0
St. Louis 6 Chicago Cubs 4
Cincinnati 7 Houston 3
Florida 2 Philadelphia 1
Washington 7 Atlanta 6
Milwaukee 8 San Diego 6
L.A. Dodgers 10 Pittsburgh 3
N.Y. Mets 4 Colorado 3
Today's games
All times Eastern
St. Louis (J.Garcia 4-0) at Chicago Cubs (C.Coleman 1-2), 2:20 p.m.
N.Y. Mets (Niese 1-4) at Colorado (Jimenez 0-2), 3:10 p.m.
Arizona (D.Hudson 3-4) at San Francisco (Cain 2-2), 3:45 p.m.
L.A. Dodgers (Garland 1-2) at Pittsburgh (Morton 4-1), 7:05 p.m.
Washington (Zimmermann 2-4) at Atlanta (D.Lowe 3-3), 7:10 p.m.

SOCCER

MLS

Last night's results
Los Angeles 1 Philadelphia 1
Toronto at Dallas
San Jose at Vancouver
Saturday's games
All times Eastern
Chicago at Toronto, 7 p.m.
Colorado at D.C. United, 7:30 p.m.
Vancouver at New England, 7:30 p.m.
Philadelphia at Dallas, 8:30 p.m.
Houston at Real Salt Lake, 9 p.m.
Columbus at San Jose, 10:30 p.m.
Kansas City at Los Angeles, 10:30 p.m.
Portland at Seattle, 11 p.m.
Sunday's games
Chivas USA at New York, 7 p.m.

TENNIS

ATP-WTA

INTERNAZIONALI BNL D'ITALIA

At Rome

Men's Singles — Second Round
Rafael Nadal (1), Spain, def. Paolo Lorenzi, Italy, 6-7 (5), 6-4, 6-0.
Novak Djokovic (2), Serbia, def. Lukas Kubot, Poland, 6-0, 6-3.
Roger Federer (3), Switzerland, def. Jo-Wilfried Tsonga, France, 6-4, 6-2.
Florian Mayer, Germany, def. Jurgen Melzer (8), Austria, 6-4 (retired).
Nicolas Almagro (9), Spain, def. Sam Querrey, U.S., 6-3, 7-6 (4).
Mardy Fish (11), U.S., def. Ivan Ljubicic, Croatia, 7-6 (2), 5-7, 6-2.
Stanislas Wawrinka (14), Switzerland, def. Filippo Volandri, Italy, 6-1, 3-6, 6-2.
Potito Starace, Italy, def. Viktor Troicki (15), Serbia, 6-4, 6-4.
Juan Ignacio Chela, Argentina, def. Gilles Simon, France, 6-4, 6-2.
Feliciano Lopez, Spain, def. Philipp Kohlschreiber, Germany, 6-4, 3-6, 6-3.
Women's Singles — Second Round
Caroline Wozniacki (1), Denmark, def. Anastasia Rodionova, Russia, 6-2, 6-0.
Victoria Azarenka (3), Belarus, def. Sara Errani, Italy, 6-1, 6-2.
Li Na (4), China, def. Lourdes Dominguez Lino, Spain, 6-4, 6-2.
Jelena Jankovic (5), Serbia, def. Lucie Safarova, Czech Republic, 6-0, 6-3.
Sam Stosur (6), Australia, def. Iveta Benesova, Czech Republic, 6-1, 7-5.
Elena Vesnina, Russia, def. Agnieszka Radwanska (8), Poland, 3-6, 6-2, 6-1.
Anabel Medina Garrigues, Spain, def. Marion Bartoli (9), France, 6-4, 6-3.
Shahar Peer (10), Israel, def. Alisa Kleybanova, Russia, 6-3, 7-5.
Polona Herczeg, Slovenia, def. Andrea Petkovic (12), Germany, 6-4, 6-3.
Yanina Viktorovna, Belgium, def. Ana Ivanovic (13), Serbia, 2-6, 7-6 (4), 6-3.
Anastasia Pavlyuchenkova (16), Russia, def. Vera Dushevina, Russia, 7-5, 6-4.

NBA

PLAYOFFS

All times Eastern

SECOND ROUND

(Best-of-7 series)

EASTERN CONFERENCE

Chicago (1) vs. Atlanta (5)

(Chicago leads 3-2)

Tuesday's result

Chicago 95 Atlanta 83

Tonight's game

Chicago at Atlanta, 8 p.m.

Miami (2) vs. Boston (3)

(Miami wins 4-1)

Last night's result

Miami 97 Boston 87

WESTERN CONFERENCE

L.A. Lakers (2) vs. Dallas (3)

(Dallas wins 4-0)

Oldham City (4) vs. Memphis (8)

(Series tied 2-2)

Last night's result

Memphis at Oklahoma City

Tomorrow's game

Oklahoma City at Memphis, 9 or 9:30 p.m.

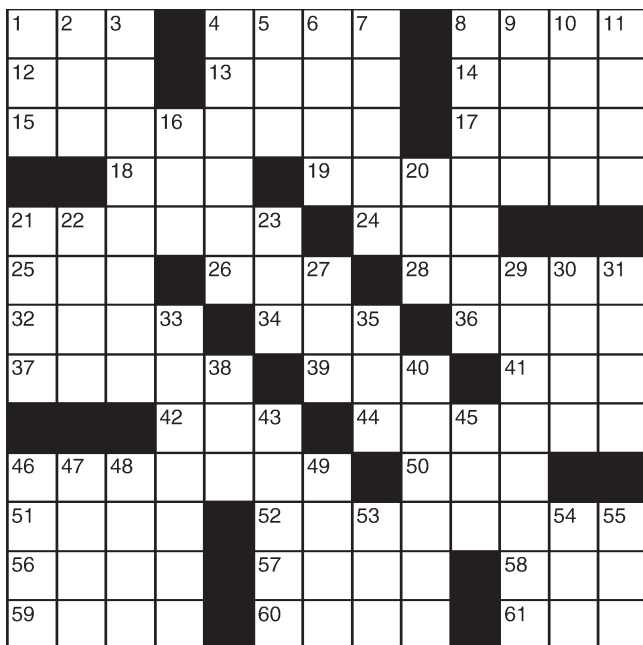
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Crossword

Across

- 1 Ambulance initials
4 Snake's noise
8 Fine
12 PC linkup
13 "Movin' —" ("The Jeffersons" theme)
14 See 25-Across
15 Tabletop soccer game
17 Carey or Barrymore
18 Pale
19 Shot that misses completely
21 Mandrill, e.g.
24 Suits — T
25 With 14-Across, monkey's talk in an old silly song
26 Greet the villain
28 He's had some bad hare days
32 Spring melody
34 Insult (SL)
36 — Strauss & Co.
37 Big brawl
39 Varnish ingredient
41 Lend a hand
42 Coach Parseghian
44 Rook
46 Snooker need
50 Horde
51 Killer whale
52 Human dynamo
56 Marx or Malden
57 "American —"
58 Meadow
59 Hebrew month
60 A very long time
61 Back talk
- Down**
1 Sprite
2 Long March chair-man
3 Winter-time missile
4 Mingle
5 — pinch
6 1973 Toni Morrison novel
7 Divided
8 Kook
9 Songwriter DioGuardi
10 First victim
11 Sailing vessel
16 — Paulo
20 Fish eggs
21 Soothing ointment
22 Rose's love
23 Affirmative action?
27 Lubricate



- 29 Spaghetti topper
30 Wicked
31 Take the bus
33 Brewing gizmo
35 Anatomical pouch
38 Pitcher's stat
40 Desert caravan
43 Role for Michael Caine or Jude Law
45 Weep loudly
46 Furnace fuel
47 Caspian feeder
48 Beige
49 Chic beach resort
53 Director Howard
54 Floral garland
55 Once around

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	2	6	4	7	3	9	8	1
9	4	3	6	1	8	2	7	5
7	1	8	2	5	9	3	6	4
1	5	7	3	4	2	6	9	8
6	3	4	8	9	5	1	2	7
2	8	9	1	6	7	4	5	3
3	9	1	5	8	6	7	4	2
4	7	5	9	2	1	8	3	6
8	6	2	7	3	4	5	1	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

JC, I love you so much and hope tomorrow will go well. I no changes are happening in our lives but I will always be by your side <3 ANDI

Milkshake, I just wanted to let you know that I love you. I wanted to thank you for sticking with me, making me feel so complete, and helping me through all my problems. I've felt more than anyone could even try to make me feel and for that, I thank you. I love you, happy 2 months! FRENCH FRY

bunches

you drive me crazy, I think of you all the time, if only fate had the same paths for us to be happy together it would be amazing. Just know that your neighbour is there and will always have a spot for you in her heart! hugs and kisses babe! NEIGHBOUR

Today's horoscope

♈ Aries March 21-April 20 Use your energy to finish tasks you started but allowed to drift.
♉ Taurus April 21-May 21 You must try not to force people to do things against their will. It will work against you.
♊ Gemini May 22-June 21 If you want to get somewhere worth going, rely on someone who knows the way.
♋ Cancer June 22-July 22 Not everyone is as honest as you. You need to keep that fact in mind at all times today.

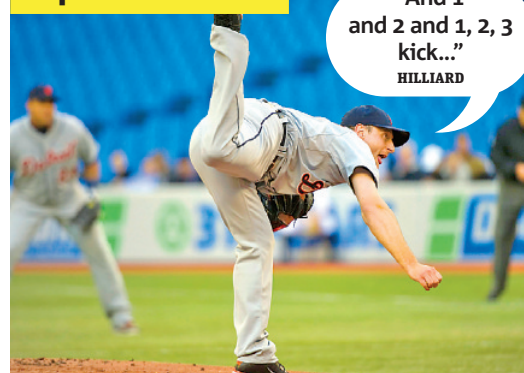
♌ Leo July 23-Aug. 23 Someone in a position of authority will make you a great offer today.
♍ Virgo Aug. 24-Sept. 22 Now is the time to stop dreaming and start doing. Go for it.
♎ Libra Sept. 23-Oct. 23 Jealousy will rear its ugly head today. You could find yourself saying things you don't mean.
♏ Scorpio Oct. 24-Nov. 22 The odds are high that you will fall out with someone you have feelings for today. The pressure has been building.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 The best way to deal with a problem is attack it, head on.
♑ Capricorn Dec. 22-Jan. 20 You don't have to do everything at a rate of knots. More haste, less speed.
♒ Aquarius Jan. 21-Feb. 18 Try not to let a minor matter assume more importance than it deserves. No need for tears.
♓ Pisces Feb. 19-March 20 Do you have something to prove? If so, it's time to get over it.

● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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